



BFD Recovery Assistance

SAMHSA FR-CARA
Year 2: October 2019 - September 2020



WHO ARE WE?

The Boston Fire Department's Recovery Assistance program is made up of more than 40 recovery coach-trained Boston Firefighters working alongside other city agencies to tackle the opioid epidemic in the City of Boston. Our recovery coaches come from very diverse backgrounds and experiences: new firefighters with one year experience on the job to seasoned firefighters with 20+ years on the job, many of these members are in recovery themselves, are licensed drug and alcohol counselors, speak multiple languages and live all over the city of Boston.

Funding for the BFD Recovery Assistance program is made possible through a combination of operating and grant resources. BFD was awarded a federal Substance Abuse & Mental Health Services Administration's First Responders Comprehensive Addiction Recovery Act (SAMHSA FR-CARA) grant in late 2018. The funding has allowed BFD to work with SAMHSA on preventing opioid related overdoses and deaths by increasing access for individuals/families to recovery supports, increasing access to naloxone and naloxone training for first responders and others and enhancing city wide coordination on the opioid crisis.

WHAT DO WE DO?

BFD Recovery Coaches participate in a variety of activities focusing on overdose prevention, response and recovery. In year two of the grant, BFD expanded its existing Knock & Talk Initiative, partnered with Boston Public Health Commission's PAATHS program to get individuals into detoxification treatment, rolled out the Delta 21 alternative response

pilot program, supported naloxone access and training for first responders and others and created and funded professional development opportunities for city of Boston public safety and public health personnel.

OUR GROWTH AND REACH IN 2020

We've increased capacity to
40 BFD trained
Recovery Coaches

We've had
478 Follow Ups
to homes after an overdose

We've distributed
2700+ units of Narcan
to BPHC, EMS, BPD & others

We've trained
123 people
on how to administer Narcan

We've helped place
85+ people
into treatment



RECOVERY ACTIVITIES

KNOCK & TALK TEAM

The Knock & Talk Team or the city's Post-Overdose Response Team (PORT) is comprised of representatives from BFD, BPHC, BEMS and in year 2 added BPD. Within days of a suspected opioid overdose, the team will conduct a follow up visit to the home all over Boston. The team then will offer overdose prevention and/or treatment information, support, and services to the survivor and his or her family.

PORT Results

478 addresses visited

81% of individuals, if home, engaged w/team

58% of engagements were w/ family or friends of the survivor (given resources)

41% of engagements were with the survivor (given resources)

170 Narcan kits distributed

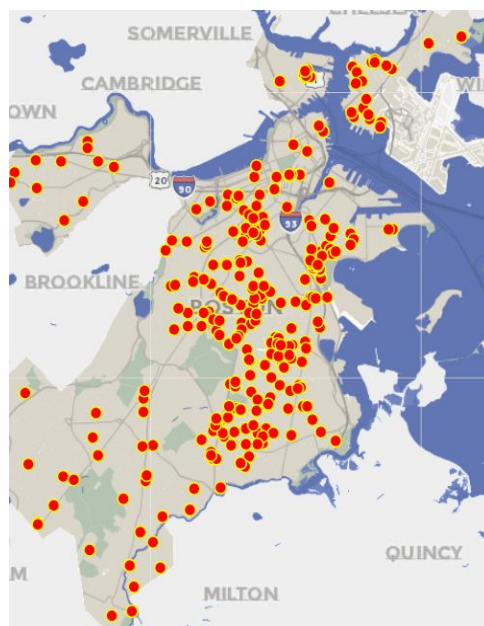
123 people trained to administer Narcan and received overdose prevention education

12 individuals placed into treatment by team

PAATHS TRANSPORTATION

A central function of BPHC's Providing Access to Addiction Treatment Hope and Support (PAATHS) Program is to make and complete referrals to various substance use treatment programs, including transportation of clients to the treatment programs. PAATHS often also helps transport a client to a treatment program all across the state based on availability of beds. With only one van and limited taxi vouchers, PAATHS frequently was experiencing delays for others seeking beds through the program. BFD and the Office of Recovery Services worked together to facilitate a solution. To help address this issue, two Recovery Coaches from the Boston

Fire Department use a BFD vehicle to provide additional transportation services for PAATHS during peak volume times of day on Mondays and Fridays each week, transporting clients from PAATHS to various treatment programs in the area and helping to provide a "warm hand-off" from one service provider to another. During transportation, clients and recovery coaches were able to build rapport and at times exchange contact information to follow up after treatment.



Map of Boston showing the areas in which the PORT team made follow up visits.



PAATHS Results

73 individuals placed into treatment by BFD Recovery Coaches.

40 + trips traveling over 1,000 miles to detox centers: Gavin House Quincy, Leahy Danvers, Leahy Tewsbury, Dimock Roxbury, Spectrum Westboro and Washburn House Worcester.



Photo: Lt. Goggin and Lt. Nee, with PAATHS staffer Deirdre, at the PAATHS program facility.

DELTA 21 PILOT PROGRAM

In July 2020, the Boston Fire Department instituted a three month pilot alternate response program to help combat the opioid crisis in the Melnea Cass Boulevard and Massachusetts Avenue area. Data trends show peak volume of incidents in the area occur on Thursday, Friday, and Saturday, between 1000 and 1800 hours. As a result, BFD staffed the Delta 21 response car with two trained First Responder/Recovery Coaches. Delta 21 responded to the following incident types: Overdose, Cardiac, Respiratory, Poison, Unknown EMS, Unconscious, Medical and Seizures primarily located outdoors, in building vestibules, and ATM machines within the area. The First Responder / Recovery Coaches will administer Narcan, assist EMS, assist shelter staff and offer recovery services if and when patients refuse transportation to the hospital.



Photo: Lt. McDowell and FF Molano at the start of their D21 shift.

DELTA 21 Results

22 additional firefighters received **recovery coach training**

110 responses/runs to the area

21.5 seconds, on avg, **faster response** time to incident

80% of the runs individuals received **medical care/assistance** by BFD

58% of the incidents individuals, in addition to medical assistance, received **recovery support**- recovery resources, treatment options and contact information.

22 people were administered **life saving** overdose reversal drug, **narcan**.



Photo: August 2020 BFD Recovery Coach class.



NALOXONE

NARCAN DISTRIBUTION

In year 2, BFD RAP continued to distribute additional naloxone units to the City's four primary agencies responsible for providing first responder services, including: BFD; BPD; EMS, and BPHC:

2,700 units of Naloxone purchased and transferred to city agencies:

BFD: PORT Team, Delta 21 program, community trainings

BPD: Street Outreach Unit

EMS: Squad 80 and newly implemented Narcan Leave Behind Initiative

BPHC: PORT, AHOPE, Street Outreach Team, community trainings

NARCAN NASAL SPRAY TRAINING

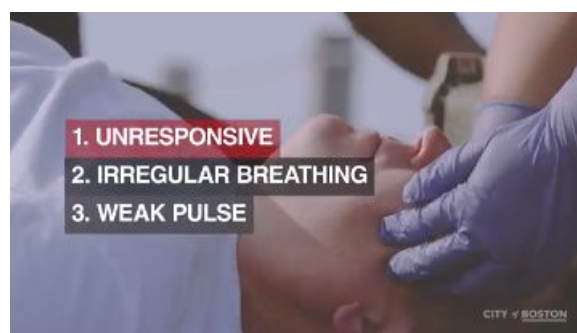
With the rise of deadly synthetic opioid use like fentanyl, BFD plans to transition from 2mg naloxone nasal spray to 4mg nasal spray. BFD RAP contracted with a film production company to develop a training video on administering the 4mg opioid overdose reversal drug. BFD will roll out the online training video department wide in year 3 of the grant program.



Pictured: Image from BFD 4mg Narcan nasal spray training video at Moon Island.



Pictured: Narcan 4mg nasal spray that BFD will transition to in Fall 2020.



Pictured: Image from BFD 4mg Narcan nasal spray training video at Moon Island.



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PROFESSIONAL DEVELOPMENT

BOSTON DELEGATION to PHILADELPHIA

In December 2019 BFD RAP utilized SAMHSA grant funding to support 10 members of the Advisory Council to travel to the City of Philadelphia. Our group met with Philadelphia city officials to learn more about the city's Resiliency Project, a multiagency coordination response project addressing the opioid crisis in the Kensington neighborhood. The groups exchanged best practices and lessons learned from their respective experiences.

The 10 Boston agencies represented members from BFD, BPD, EMS, the Mayor's Office of Health and Human Services and BPHC- the Mayor's Office of Recovery Services.

2020 Rx DRUG ABUSE & HEROIN SUMMIT

In April 2020, BFD made it possible for over 20 stakeholders from the city of Boston to attend the 2020 Rx Drug Abuse & Heroin Summit. The conference is the *largest national collaboration of professionals from local, state, and federal agencies, business, academia, treatment providers, and allied communities impacted by prescription drug abuse and heroin use.* Originally scheduled to take place in Nashville, TN, the in person conference was changed to a virtual event due to the COVID-19 pandemic. Boston members attended speaker sessions and workshops to learn from other professionals in the country battling the opioid epidemic.

Boston agencies represented were BFD, BPD, EMS, BPHC- Mayor's Office of Recovery Services and BPHC- PAATHS.



Photo: Boston Delegation visiting Philadelphia's Ife Wellness Center, an emergency housing site focused on helping individuals suffering from substance uses disorder.



